

DIABETES & PREDIABETES “TAKE ACTION” Food Label Reading

2022

**NEW
ZOOM
classes
added!**

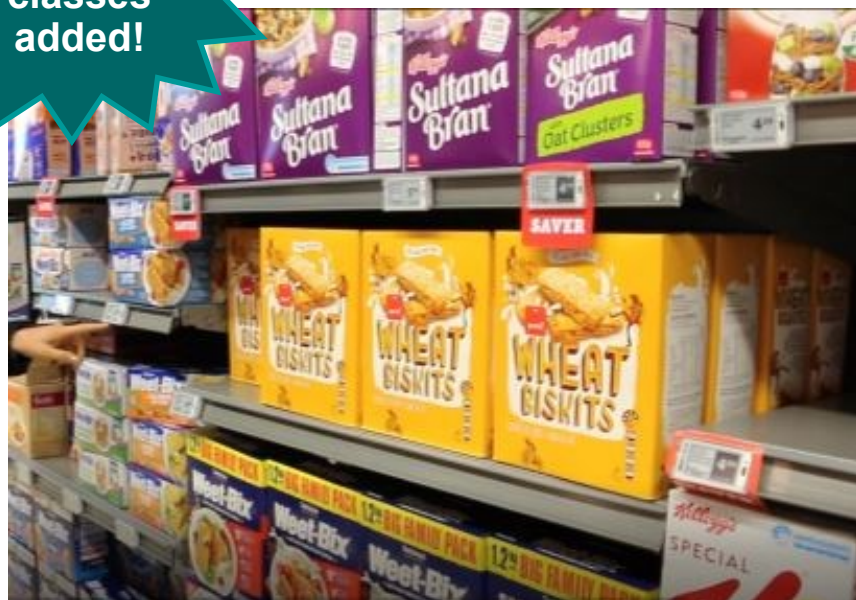


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**Wondering what you can eat when
you have
Diabetes or Prediabetes?
If so, these FREE interactive &
informative sessions could be for
you.**

Join us to learn more.

**Venue: 200 Broadway Avenue
Palmerston North (except session 7)**



SESSION DATES:

1. Tuesday 15th March
2. Wednesday 6th April via ZOOM
3. Tuesday 14th June
4. Monday 4th July via ZOOM
5. Monday 12th September
6. Thursday 29th September via ZOOM
7. Monday 28th November,
10am - 12 midday, Best Care
Whakapai Hauora

(All sessions held in Palmerston North OR via ZOOM
and have the same content)

REGISTER ONLINE OR COMPLETE THIS FORM FOOD L/R

NAME:.....

ADDRESS:.....

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PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

EMERGENCY CONTACT/NEXT OF KIN: Name & contact number:

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